

# Halu

Halu works in many ways like Zonar, but on a much deeper and more powerful level. Halu does not replace Zonar but complements it, just as Reiki enhances all other healing modalities Zonar complements Halu.

Draw a standard Zonar, then add the two lines into the center and complete the pyramid on top.

## HEALS UNCONSCIOUS PATTERNS

Use Halu to break up negative patterns in the unconscious mind which we use to insulate ourselves from the truth. This helps to shatter delusion and denial, while helping heal the shadow self. Halu helps us work through denial and blame of others for situations in our lives. Halu helps us accept that imperfect part of ourself so we can bring it into our conscious mind, love it and heal it.

## HEALS THE SHADOW SELF

The shadow self exists in the unconscious mind. It is composed of the parts of ourselves that we believe are unacceptable and so we try to hide them (denial) by shoving them down into the unconscious mind. We will often see these unwanted parts in others (projection) and dislike them for it. (These unwanted parts often go into the second chakra.) See the section on "The Shadow Self" on page 8. Halu can be directed to work on and heal the Shadow Self. This can be done by having the client focus on an unwanted experience or a behavior that has been difficult to heal. As they do this, ask them if any parts of their body feel tense or if there is an area within the body that they feel the cause of this problem is located. Sometime this is in the second chakra. Activate Halu and direct it into the area.

## HEALS SEXUAL AND PHYSICAL ABUSE ISSUES

Trauma such as physical and sexual abuse is very painful. It is not always necessary to relive these experiences and reexperience the trauma in order to heal. The compassionate action of Halu (when used with Zonar) helps us release the energy from the abuse or pain without needing to reexperience the trauma. These Issues can often be processed by simply having an understanding of what took place, without a need to feel all the emotions and pain. However, since the higher power is guiding the healing process, it will decide if feeling the pain is necessary to complete the healing and allow this to happen when it is appropriate for the client. When this happens, it usually takes place with only a small part of the pain coming into consciousness - just enough for the person to understand the feelings that are being healed.

## DISPELS PSYCHIC AND PSYCHOLOGICAL ATTACK

The only reason we are psychically attacked is because we are creating it. Halu can help us release the part of ourself that is creating the psychic attack, heal it and release it to the Higher Power. Often, as we come into our own power, we may not be confident because we have misused power in the past. This may cause us to be attacked by ourselves or by others who feel threatened by our increased power. Halu can be used to help us deal wisely and compassionately with our own power and to release any part of ourselves that attracts psychic attack. Remember, the best way to deal with psychic attack is to accept that we have created this experience for ourselves from within ourselves as a way to know ourselves more completely and to heal. Focus on what you or the client is doing to create/attract the psychic attack and send Halu Reiki energy to it to heal/release it. Follow your inner guidance when doing this and allow yourself to learn as you heal. Halu will guide you to become a better healer.

## HALU IS A POWERFUL HEALING TOOL

Halu can activate a laser-like beam of healing light which can be focused on a less than light area and facilitate intense healing. It is helpful with physical healing of tumors and cysts and many other imbalances. When used with the psychic surgery technique it takes on the energy of a spiritual surgery tool which has the ability to break through even the densest concentrations of less than light energies. Halu goes to an area that contains less than light energy and fills it with a very focused, concentrated beam of light which dissipates the denser energy.

After you have used Zonar and Halu to prepare the person for healing and to do deep healing work, you will now be ready to fill the area with love by using Harth.

